



SOCK – Summer 2015

The magazine of Southampton Orienteering Club



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Editorial

Jenny Dickin

Well I made it! Welcome to my first issue of SOCK as editor, hopefully it will live up to expectations. On behalf of the club, I'd like to say a huge thank you to Pete Davis for all the work he's done as editor for SOCK over the last 4 years. I hope to continue the amazing work Pete has done as well as add some new ideas. Any and all feedback will be gratefully received.

On to the orienteering – since the last edition of SOCK we have seen the first 7 events of another successful Summer Series; the JK, held this year in the Lake District; the British Championships; the Harvester Relays and many more including some brilliant performances from SOC members.

At the point of writing this editorial the Scottish 6 Days and World Orienteering Championships are just 30 days away, entries have hit the 5,000 mark (including 27 SOC members) and are now closed. The event looks all set to be a fantastic week of racing and spectating the world's best as they compete in Inverness.

As well as the Scottish, there's still plenty more to look forward to: the club BBQ is coming up at the end of July; July will also see the end of the summer series; planning is well underway for the November Classic and we still have several SOC events taking place September and October – plenty of opportunities to support the club by planning, organising, helping or just having a run at an event.

Chairman's Bit

Kevin Bracher

At my first Committee meeting as Chairman the hot topic for discussion was the Club Development Plan. A lot of time and effort has gone into shaping this document; much was done by Nick over the last year. It is coming together now but needs some work to complete as I want it to be as succinct as possible. The document should state where we are now as a club, where we want to get to and how we plan to get there. It should have a series of measurables that show our progress or otherwise so we can see if our methods are working. That's it in a nutshell. As I said earlier, the hard bit is keeping it short and to the point.

Linked in many ways to the Development Plan is Clubmark. Clubmark accreditation reflects well on the club when dealing with partners we work with in the community; Schools, other Clubs, councils, and various landowners. It shows that as a Club we can provide safe environments at our events and activities for all our members.



I am still working on finding the club a base. I have had meetings with several organisations and I am currently pursuing the possibility of a room and storage facility at Lakeside. The Lakeside site is under development with the new facilities planned to be up and running next spring/summer. In the mean time we may have an opportunity to take up an offer of use of a temporary room for club meetings/ activities so watch this space.

The new O tops have been very well received. A very big thank you to Robert Finch and Pete Davis for their time and efforts on this. A new order for tops will go in shortly; you may still have time to be added to the list if you hurry. We also aim to have SOC Jackets designed to complement the O tops with a role out before the Compass Sport Cup Final in October.

Photo: Robert Finch and the new O-top.

The Summer Series has been very successful this year. We have had very good participation numbers at all the events with good support from regular orienteers and a very pleasing number of new families and individuals trying these events. I would like to thank all who have Organised, Planned and helped at these events.

Photo: Jenny Dickin starting a course at the Mayfield Park Summer Series event. .

You were invited to complete a questionnaire on the Summer series and taking the feedback on board we plan to review the format of the summer series for next year, and try to make it even better.

The Summer series is only part of the programme of events and activities the SOC put on. These events and activities only happen with your support. The Club Fixtures Officer, Peter Stewart would like to hear from you if you can organise or plan an event or activity. There is always plenty of help available for new people to come forward and have a go. You can also support the club by offering to help at events and by coming along for a run. If you have not been a Summer series event give it a try you could be pleasantly surprised. The last Summer series event is on the 18th July at RVCP and don't forget the Club BBQ at IBM Hursley on July 24th.



JK 2015

Jenny Dickin

The 49th JK International Festival of Orienteering was this year hosted by North West Orienteering Association and held in the Southern Lake District. 20 SOC members competed over the 4 day weekend.

The sprint was held around the grounds of Lancaster University, a typical university campus with lots of narrow alleyways, irregular shaped buildings and plenty of route choice. The run-in to the finish was also cruelly positioned alongside a small water feature that, once the mornings rain had made the tight bend sufficiently slippery, saw several runners take a cool-down swim on their way in (sadly, no SOC members as far as I know). Top SOC results for the sprint race came from Tim Morgan, coming 3rd on M18E and Jane Morgan in 2nd on W55.

Other top 10 results came from:

M35 - David Currie 9th

M60 - Philip Eeles 4th

W35 - Christine Currie 4th

Men's Open - Robert Finch 5th



Photo: Jamie Hicks at the Sprint event. (Photo by Robert Lines)



Day 2 was the middle distance event for the elite courses and a classic, long event for the rest of us. Held on Ulpha Park and Barrow Fell the courses included some open areas as well as a steep, wooded slope full of intricate contour details that caught many people out.

Photo: Kevin Bracher on the run-in at Bigland.

Day 3 on Bigland saw another classic, long distance event on an area with similar levels of contour detail to day 2. Personally, I found this a much nicer area with the contours being a lot easier to relate to the shape of the ground and the terrain more runnable, however many people disagreed with this view and found the area more technically and physically challenging.

Photo: Tim Morgan at the last control at Bigland.



Over the two individual days, Jamie Hicks took the win on M20L with Tom Bray taking second place on M21S.

Other top 10 results came from:

M18E - Tim Morgan - 5th

M21S - Chris Williamson - 5th

M21S - Andrew Nash - 8th

M60L - Philip Eeles - 9th

M75L - Ray Massey - 8th

W18L - Jenny Dickin - 6th

W21L - Anya Crocker – 5th

W35L - Christine Currie – 5th

W55L - Jane Morgan – 5th



Photo: Robert Finch on Day 2



Photo: Chris Williamson in the mass start of the Men's Short relay.

The JK relays were held on The Colonel's Drive, an area of Graythwaite. Having had a very bad experience of Graythwaite last September at the Junior Inter-Regional Championships, I was slightly dreading this race but it actually turned out to be easily my favourite forest area of the weekend. The runnable woodland and clear contour shape made for very quick runs. Our JK Trophy team 'My O-shoes overheated' of Tim Morgan, David Currie and Tom Bray did very well to finish in 30th place against some very strong home and international teams.

In the Men's short SOC entered two teams, in 9th place were 'My Compass was stuck on North' with Chris Williamson, Jamie Hicks and Robert Finch all having good runs. Our other Men's short team 'My dibber wouldn't start' of Kevin Bracher, Jenny Dickin and Simon Bevan, whilst not 100% a men's team, finished in 34th.

Photo: Jenny Dickin handing over to Simon Bevan on Men's Short.

Our Senior Women's team 'I'm allergic to mud' finished in 7th, our best position of the day, with strong runs from Christine Currie, Lisa James and Jane Morgan. Christine especially had a very good run, finishing 4th on first leg. Sadly our Veteran Men's team 'The wrong type of leaves' of Colin Hicks, Mary Nixon and Ian Moran mis-punched in the chaos of the relay environment.



Photo: Christine Currie handing over to Lisa James on Senior Women's.

The JK was also the first major outing for the new SOC tops. The feedback for these was brilliant with many people commenting on how good they looked. They were also great for spotting SOC runners as they came in for the run-in or handovers!



Next year's JK will take place from March 25th – 28th in Yorkshire, using Leeds University for the sprint race, Wass Forest and Kilnsey for the two individual days and Storthes Hall for the relays. Entries will open on 1st November 2015.

Photo: Jane Morgan on the podium for 2nd place in the sprint race.



Meet your new SCOA Chairperson

Di Smith

My name is Di Smith. I am currently the Permissions Officer for SOC and have served on the SOC committee, in various roles, over most of the past 30 years. On June 18th I took on the role of Chair of the South Central Orienteering Association.

"What's SCOA?" you may ask. To quote its constitution *"The Association is one of the constituent associations of the British Orienteering Federation. Its area is Berkshire, Bucks, Hampshire, Isle of Wight and Oxfordshire."*

What is SCOA's purpose or role?

In summary: to promote the sport, its rules and guidelines; to co-ordinate the fixtures; to organise regional championships and leagues; to provide technical training for the junior squad; to provide training of mappers, planners, organisers, controllers and coaches; to provide grants for training, junior tours and international competition; to co-ordinate the work involved in major events e.g. when the JK or British Championships are hosted by our region and to act as a conduit between British Orienteering and its members.

Between them, the clubs in our region have close to 900 members and a wealth of experience and expertise to share. Last year the region's clubs put on 112 events level A to D and 135 registered activities, involving over 19,000 participations. All of these events need volunteers with adequate experience or training to lead them and one of the great things about orienteering is the range of ways that individuals can get involved, build experience and develop transferable skills for life. If you haven't thought about training as a coach, planner, controller, etc. why not find out more and sign up for training in the next year. The more trained volunteers we have, the easier the tasks become.



The region's juniors have wonderful opportunities to develop skills, attend training camps and make friends across the country. This summer two SCOA juniors – Dane Blomquist and Fiona Bunn - are competing in the Junior World Championships, with some financial support from the region.

You are part of a very active and vibrant region. If you have any great ideas or thoughts on how the region can work better for you, I'd love to hear about them. I can't make any promises but I do want to ensure that all club members can contribute to and benefit from the region's role.

Di Smith: chairman@SCOA-orienteering.org.uk

Photo: Fiona and Dane with the JWOC team after training on the model areas in Rauland.

British Champs 2015

Jenny Dickin

The British Long Distance Championship Race was held in New Beechenhurst by Bristol Orienteering Klub (BOK) on Saturday 18th April. The area was a mixture of enormous spoil hills, complex pitted areas and woodland dotted with streams, ditches and abandoned railway lines.

Out of the 23 SOC members competing at, two became British Champions. Tom Bray and Jean Velecky both won their age classes (M21L and W90 respectively).

Other top 10 results came from:

Tim Morgan (5th on M18E)

Robert Finch (5th on M21S)

David Currie (7th on M35L)

Simon Bevan (9th on M50S)

Philip Eeles (4th on M60L)

Graham Harrison (4th on M75L)

Anya Crocker (4th on W21L)

Christine Currie (4th on W35L)

Lisa James (9th on W45L)

Jane Morgan (3rd on W55L)



Photo: Jean Velecky taking the gold medal at the British Long Distance Champs (Photo by Rob Lines).



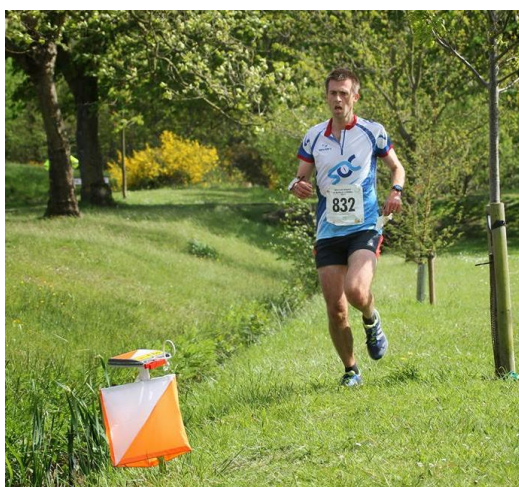
The following day saw 5 teams entered in the British Relay Champs at Cannop Ponds. In the Men's Premier, strong runs from Tim Morgan, Robert Finch and Tom Bray saw 'SOC Mighty Oaks' take 19th place. 'SOC Wych Elm', the Women's Short team of Christine Currie, Jane Morgan and Lisa James had a brilliant race, just missing out on a podium position in 4th place.

Photo: Jane Morgan at the British Long Distance Champs (Photo by Wendy Carlyle).



In the M60 category, Colin Hicks, Terry Smith and Kevin Bracher of 'SOC Rock Whitebeam' took 16th place. SOC also entered two non-competitive teams: 'SOC Hornbeams' in the Men's Short saw Simon Bevan and David Currie team up with Ian Watson whilst in the Mixed Ad-hoc, Mary and David Nixon ran with no third runner for 'SOC Aspen'.

Photo: Mary Nixon at the British Long Distance Champs (Photo by Wendy Carlyle).



A few weeks later on 9th May, SCOA held the British Sprint Championships at Aldershot Garrison. This event consisted of a set of qualifying races, the results of which decide which final you compete in. SOC was also in charge of Download and results, with many members helping out throughout the day. Top results came from:

Mary Nixon (8th on W65)

David Currie (4th on M35)

Philip Eeles (6th on M60)

Photo: David Currie at the British Sprints.

The next day the British Middle Champs saw TVOC hosting the event at Naphill and Park Wood in High Wycombe. SOC members did extremely well: Jane Morgan took the title of W55 British Champion with Tim Morgan and Philip Eeles both taking the silver medal (on M18 and M60 respectively) and Ray Massey finishing 6th on M75.

Special mention should go to Mary and David Nixon for being the only SOC members to successfully complete all four British Championship races. Jane and Tim Morgan both also competed at all four events, but were sadly disqualified from the British Sprints for mis-punching (along with many others!).

Photo: Tim Morgan at the British Sprints.



Lepe Into Action**Di Smith**

Lepe Country Park once again held a sports taster day at half term: a legacy of the Paralympics. SOC provided a basic event- a 1km yellow course, suitable for (and used by) wheelchairs, using pin punches and self-timing with a clock and register sheet.

Over 80 family groups had a go, getting through 110 maps between them - a total of about 250 people. Many of these expressed an interest in doing more.

Other activities included archery, cycling, climbing, boules and table tennis. The fine weather helped as usual but competition got so intense that someone felt the need to move 3 controls during the day!

Farewell the Headless Chicken... If only!**Jes Dickin**

I usually manage to continue orienteering even when a slight niggle or injury means that I have to give running a rest for a while. Even when it is a bit more serious orienteering is the first stepping stone back due to the slower speeds and generally softer terrain encountered. Over the years there have not been too many weeks when I have not been able to run (or jog) around a course.

Just before Easter however a shin splint injury stopped me in my tracks. It hurt to walk, let alone run so I was forced to sit out the JK. The fact that I also went down with a throat infection did help to deter me running regardless, although I did decide to walk the sprints at Lancaster University just in case it was all in my imagination.

Knowing that the competitive edge might even then push me to jogging round I chose the most appropriate kit: jeans, fleece and waterproof, to avoid looking even vaguely sporty and set off at a walk. With people whizzing past and all around me I completed the course with little problem and reviewing my legs afterwards found that I would do very little different. A check of the results at the end showed that I beat 2 finishers (more injured participants?), but the real surprise was that I completed the 3.1 km course in just under double the winner's time. Surely sprint speed is going to be more than 2 times my pace?!

The rest of the JK was spent sat in the sunshine, relaxing and resting the leg that did suffer even at walking pace. Given the terrain on some days I have to say I was not exactly distraught at this.

Back down south and I ventured out on 2 summer league events as a walk. At both West Wood and West Walks I resisted all temptations to run and just walked at a fairly brisk pace. Again on each occasion I found myself not as far below my expected position as anticipated. I did still make a silly mistake on one leg at West Wood but otherwise my navigation was clean.

On all 3 courses I found that I was in far better contact with the map, noting features that I may well have missed at pace (I'm hopeless at spotting vegetation boundaries in particular) and counting paces to avoid under / over running. Basically all the coaching that I often fail to implement was put into good use.

Clearly the old adage 'less haste, more speed' was applicable here, but how am I to make use of it? Walking round courses is not going to be the answer, whilst it was not as detrimental as anticipated, it was still slower than running at a faster pace, in a less controlled manner.

In considering the implications of this I recalled a previous SOCK article in which the author defined optimum speed as something like "the slowest that you can go and still be faster than the opposition". If I recall correctly the theory is that unnecessary speed leads to mistakes and time lost through poor navigation is rarely recovered through faster running.

So how to learn from this and return a better orienteer, with positions higher up the leader board? The plan then is to take the final approach at a slower pace, jogging or walking if necessary and trying to apply the appropriate techniques to find controls first time and then leave for the next with more of a plan in

place. If I can recover some fitness to use on any long easy sections then perhaps that will be the right balance.

So how's it going? No idea as at my first event back (28 June) I am so unfit that running any distance is purely aspirational. Time will tell I guess, it was just nice to get round pain free on this occasion and actually still have a clean(ish) run. However if, over the coming weeks you see me dragging out all the usual excuses for poor performance - cursing the map, the planner, low oxygen levels etc. etc., then normal service will have been resumed and the lesson wasted!

A Summery Summer Series Summary

Jenny Dickin

Editor's Note: This summer has seen the beginning of yet another successful Summer Series with many returnees along with lots of new faces coming along to try out the sport. Here is a brief overview of the first seven events, made up from organisers and planners notes posted on the SOC website.

Mayfield Park

The Series kicked off on Saturday 28th March at Mayfield Park with great courses planned by Philip Cooper. 36 people came along to run the light green which was won by Andrew Nash. Mayfield Park was also the first outing of the new SOC club tops.

Photo: Alastair Moir at Mayfield Park



Westwood

Two weeks later Julian Hartwell and Colin Holcombe spent the morning setting out controls in the rain just in time for the sun to shine over Simon Bevan's courses. 44 people took on the Light Green course which was won by Robert Finch. Hopefully people weren't too distracted by the man wearing a horse's head and his fellow warriors (although that may explain the 9 dsq's!).

West Walk

On the 25th April, SOC headed down to West Walk in the Forest of Bere. The 4.8km light green course saw 40 competitors and was won by Nick Marrett of SN.

Marchwood

Next up, on the 9th May, came Marchwood. Despite clashing with the British Sprint Champs where many SOC members were busy racing and helping out, 27 people turned up to run Jon's Light Green course. Praised for its technical challenge and route choice options, this course was won by Andrew Nash.

Lakeside Country Park

The fifth event of the Solent Summer Series took place at Lakeside Country Park. 44 people turned out to run the light green course planned by Marcus White, a first time planner aided by Simon Bevan. The first (competitive) finisher was John Orton (NWO).

Photo: The start at Lakeside Country Park



Queen Elizabeth Country Park

This year, Kevin Bracher's courses took in a slightly different part of QE to usual, focusing on the Southern end of the park. Whilst one control caused a lot of confusion for many people, 38 people enjoyed the light green course which was won by David Currie. At 1pm a family turned up at registration, having booked

the BBQ site we were using, leading to Colin and Jamie Hicks having to quickly create a mobile registration point!

Farley Mount

As this was the club's first event on this area in around 10 years, special thanks should go to Nick Bosbury for his hard work resurveying and mapping the area in a short space of time. Despite a last minute change forced by the HCC, 62 people turned up to compete on Peter Davis' Light green course which was won by David Currie.

Photo: Registration at Mayfield Park



After 7 events the current top 20 league standings are:

Pos	Name	Age	Club	Pnts	Pos	Name	Age	Club	Pnts
1	Kevin Bracher	M60	SOC	232	11	Jillian Devine	W50	SOC	182
2	Robert Sweatman	M50	SOC	230	12	John Oakes	M40	WIM	180
3	Julia Hicks	W50	SOC	225	=13	Roger Pleasant	M65	SOC	179
4	Bernie Newitt	W50	SOC	217	=13	Michael Ellis	M16	SOC	179
5	Peter Davis	M60	SOC	216	15	Mike Frizzell	M55	BADO	174
6	Andrew Nash	M35	SOC	211	16	Robert Finch	M21	SOC	166
7	Marcus White	M45	SOC	210	=17	Lucy Bailey	W21	SOC	157
8	Ian Wells	M55	SOC	204	=17	David Saunders	M55	SOC	157
9	Clare Hutchison	W35	SOC	186	19	Robbie Berryman	M21	SOC	156
10	Piotr Rusinek	M35	SOC	185	20	Carol House	W55	SO	151

For the full set of results see: <http://www.southampton-orienteers.org.uk/summer-series-2015-league>

Club Captain's Corner

Christine Currie

Our most recent club competition was the Harvester Relays, held in the early hours of Sunday morning on 28 June at the very picturesque but overgrown Rushmore Estate in Dorset. The Harvester Relays are an annual event that were set up to emulate the Finnish Jukola relay. Sadly, the 11 teams on the A at the Harvester doesn't come within a country mile of the more than 1500 teams at the Jukola relays, but the principle is still the same.



Photo: Tim Morgan at the start of the Harvester relay.

Teams of 7 start in the middle of one of the short summer nights and race through until just after dawn. In Finland, the women's race is much more civilised and takes place on the Saturday afternoon, leaving the ladies free to enjoy the beer tent.

Sadly, that tradition hasn't been maintained in the UK and the women's teams and other competitors on the B race at the Harvester start at 1.30am and complete just 5 legs in their race to get back before the morning sun is too high in the sky.

SOC entered a men's team on the A and a ladies' team on the B this year. It's fair to say that the men had some mixed results during the night as, with so few other competitors around and some interesting last-minute map corrections, it was a lonely and at times confusing forest. Nonetheless, they came away with a very creditable 8th position. The ladies on the B team ran well to finish 10th overall, 3rd ladies team and 2nd handicap ladies team, which was a great result amid some tough opposition. Well done to all who competed and thank you for giving up a night's sleep!

Men's team: Tim Morgan, Simon Bevan, Tom Bray, Robin Smith, Ian Moran, Kevin Bracher, David Currie

Women's team: Jane Morgan, Christine Currie, Jenny Dickin, Lisa James, Anya Crocker

Photo: Jenny Dickin handing over to Lisa James.



Our next big event is the Compass Sport Cup Final in the Lake District on 18 October at Helsington Barrows, near Kendal. We have a camping barn booked for the Saturday night for anyone interested in some cheap accommodation (contact Christine if you'd like to book a space) and I'm hoping to book some tables in a local pub or restaurant for a pre-dinner meal on the Saturday evening. The area looks great, although Jes Dickin warns me that it has the potential for some twisted ankles, based on bitter experience, and it promises to be a fun weekend. It's not often that SOC gets to the finals of this very prestigious national competition so it would be great to put in a big team. Look out for e-mails asking for people over the next couple of months.

As club captain I see my duties as putting in competitive teams at as many of the national relays as we can, but also to make orienteering more fun - more team spirit, more laughing, less moaning and definitely more cake. If you have any ideas for how we can achieve this, let me know (particularly the more cake!).

Orienteering with OS

Baz Newman

Editor's note: In June, Robert Finch led an orienteering event for the running group at Ordnance Survey. This is an article written by one of the members of OS Runners that took part.



Wednesday June 10th 2015 saw the first, of many I'm sure, orienteering event at OS put on by OS Runners and Southampton Orienteering Club. 23 people turned up to take part along with 4 from Southampton Orienteering Club who ran the event for us. Most people formed teams of two but some decided to go it alone. Once the briefing was done and each team had a map in their hands it was all systems go.

Photo: Planning the route.

As people were running around two routes seemed to emerge, clockwise or anti-clockwise. The local residents must have been wondering what was going on with a load of people running around in different directions with paper in their hands. I did see a few funny looks in our direction.

All participants had to navigate to as many control points as they could in 40 minutes and get back to the start. The first person back in 25:30 was Andrew Tyrell after visiting all 10 control points. An awesome display from Andrew. Coming in Second was Naomi Stanley and Baz Newman with all 10 control points visited in a time of 28:16.

Andrew, Naomi and Baz all won free entry to an SOC summer event and Andrew for being overall winner also received a bag of Jelly Babies.

Everyone who took part had a lot of fun and said that they would like to do it again soon.

A few comments from the field:

I was very impressed with how well everyone did. So impressed that I will make it harder next time! Well done to everyone who visited all the checkpoints. I wasn't sure how easy it would be to get them all. Andrew Tyrell comfortably won visiting all 10 checkpoints in 25:30 and led the way of a number of people who easily made it within the time limit. Hopefully everyone enjoyed the challenge of orienteering and being out in the sun! – Robert Finch

A postman asked me and James which road we were looking at and I replied we weren't, we were looking for a lamppost! And me in the OS t-shirt as well! – Viv

Running + Maps = Lots of fun, and a perfect OS lunchbreak – Mark S

Many thanks must also go to Southampton Orienteering Club for organising and running the event on the day.

Photo: OS Runners try orienteering.



jSOCK

edited by Jenny Dickin

Congratulations to Tim Morgan on his recent selection to compete at this year's JEC. The Junior European Cup 2015 will take place in Bad Harzburg, Germany from October 9th – 11th. Tim has also been selected to attend the BOF Summer Talent Camp, held in Badaguish, Cairngorm from July 26th – 31st as well as the JROS Summer training camp in Gothenburg, Sweden from August 22nd – 31st. Good luck to Tim in all of these training camps and races. Congratulations are also due to Tim for finishing 5th in the M18 Junior Elite Orienteering League, just 23 points behind leader Alex Carcas (INT).

A mention should also go to Jenny Chapelhow for strong performances in the British Sprint and Middle Championships. Jenny finished in 11th place at the sprints, coming 2nd in the B Final as well as taking 17th place at the Middle distance champs.

Photo-O

Michael Ellis

Having done a Club Photo O in Winchester run by Tamsin, my dad decided to run one at one of our weekly explorer meetings. Numerous emails later and having mastered 'Purple Pen', he scouted around Winchester, looking for obscure but easy to spot "controls". They were obscure enough so that they were not guessable, but they were easy to spot..... if you were in the right place!

With 28 controls to do in an hour and a half, I wandered off with two other Explorers at a frustratingly slow pace. The controls were scattered all around Winchester, from along the River Itchen, right up to the Peninsular Barracks at the top of the High Street. The controls were anything from a sign, a door handle, a statue or a twiddly bit on a fence.

One of my favourite things about urban orienteering is the opportunity for route choice, spotting all the tiny alleys and sets of steps that take you where you want to go. At one point we walked through some church grounds, marked on the map as open, but upon leaving we saw a sign saying "No Right Of Way" (the sign happened to be the control!). Another thing that I learnt is there are many types of airbrick used in the walls around Winchester, some of which display rather nice patterns. Who would have thought they could be so interesting?

As I had failed to convince my fellow Explorers to run, the pace was slow; so as a group we focused on accuracy rather than speed. We completed all the controls in the time and returned triumphant! It was at this point that we learnt that few groups had concentrated on the task in hand and had instead just focused on getting a burger from McDonalds!

JK 2015

Emma and Duncan Currie

The three juniors competing at the JK this year all put in strong runs with Tim Morgan taking 3rd in the sprint race and 5th over the two individual days; Jamie Hicks winning M20L and Jenny Dickin taking 6th on W18L.

They were also joined by Emma and Duncan Currie, cheering everyone on through the run-in and competing on the string course – strong potential for a future mini-relay team?!

Emma and Duncan both appeared to enjoy the experience with feedback including:

Emma: I liked doing the string course because you got sweets!

Duncan: I loved having my own o-top.

The JK is great for juniors as well as more experienced orienteers with competitive age classes from M/W10 upwards, B classes for those wishing to run in their age class but at a slightly lower technical standard, colour coded courses and string courses. Hopefully next year we can see some more juniors competing!

Juniors at the Summer Series

Jenny Dickin

After the first 7 events, the 2015 Solent Summer Series Junior League is currently led by Archie Southwick of BAOB with the maximum 160 points. Just 5 points behind, tied on 155, are Robert Sawyer (SARUM) and Jack Holden (IND). The highest placed SOC junior is Ollie Wells in 4th with 152 points. The highest placed female is currently Georgia Barnes of SOC in 5th place with 83 points. At this point, with two events left to score, the top spot is still all to play for.

The top ten competitors of the Junior League so far (with best 4 results counting) are:

Pos.	Name	Age	Club	Score	Pos.	Name	Age	Club	Scr.
1	Archie Southwick	M10	BAOB	160	6	Thomas Forster	M12	SOC	75
=2	Robert Sawyer	M10	SARUM	155	7	Charlotte Oakes	W12	WIM	70
=2	Jack Holden	M4	IND	155	8	Jenny Chapelhow	W12	SOC	69
4	Ollie Wells	M12	SOC	152	9	Tristan Sell	M6	IND	65
5	Georgia Barnes	W10	SOC	83	10	Craig Ovans	M12	IND	63

We also have several juniors performing well in the open league of the Solent Summer Series. The highest placed of these is currently Michael Ellis in joint 13th place with 179 points. Lauren Newitt is currently in 26th place with 133 points whilst Sam White is just behind her in 27th place with 130 points.

South Central Junior Squad

Craig Blackford has recently stepped down from his position as South Central Junior Squad manager and this position has been filled by Simon Kippin of TVOC, assisted by Laurence Townley of SN. Simon and Laurence will now be in charge of organising training and other opportunities for juniors. They will soon be releasing some dates for upcoming training days so keep an eye on the club website for updates!

Club BBQ

Christine Currie

SOC is holding a BBQ for members and their families on Friday 24 July at the IBM Hursley clubhouse from 6pm onwards. As in previous years, the club will provide the charcoal and you bring your own food to cook. You can also bring your own non-alcoholic drinks (alcoholic drinks must be purchased from the clubhouse bar).

By way of entertainment, Ian Wells is planning a Hidden In Plain Sight Orienteering (HIPSO) score course (along the lines of the Salisbury City Photo Trail) and Christine is proposing an orienteering themed bake-off (entries to be prepared in advance!). More details nearer the time.

Please send an email to captain@socweb.org indicating:

- If you're coming, how many you are bringing and whether you'd like a separate vegetarian BBQ.
- If you'd like to run/walk the HIPSO course.
- Whether you'd be interesting in submitting an entry for the bake-off.

SCOA League 2015/2016

Ian Moran

The SCOA Committee discussed the future of the SCOA League at last month's meeting. Whilst there are no plans to make changes for the forthcoming 2015-16 SCOA League, it was agreed that the present arrangement might not be serving the needs of the Region. Before making any decision on changes, views of members will be canvassed; a questionnaire will be developed and circulated in early autumn. One thought is to use the regional events for scoring purposes, as opposed to the district events, given that people from within the region may well travel to a regional event anywhere in our region, but may not be tempted to travel from Hampshire to Oxfordshire for a district event.

SOC Fixtures – Plan to be a winner!

Peter Stewart

The following list shows SOC fixtures for the remainder of 2015 and for the whole of 2016.

So the 2016 fixtures list is now open for offers. Please check your diary and let me know if you can help. 07967 129 534 or fixtures@socweb.org. I will also have the fixtures list at the barbeque, where you can register your offers.

The club appreciates the support of all our volunteers. New for 2016 I am planning a prize draw. When the fixtures list is full of volunteers for Planner and Organiser, we will hold a draw and one lucky volunteer will win a bottle of wine. So get your name on the list!

If you are unsure about what is involved, please speak with me. The club can provide mentors / support to help you.

Date	Venue	Day	Level	Event Type	Organiser	Planner
18/07/2015	RVCP	Sat	D	SS 9	Clare Devine	Clare Devine
24/07/2015	IBM Hursley	Fri	Activity	BBQ	-----	-----
12/09/2015	Highland Water	Sat	D	Autumn event	Jes Dickin	Jenny Dickin
11/10/2015	Matley	Sun	D	Autumn event	Pete Davis	Kieran Devine
31/10/2015	Basingstoke	Sat	C	BADO NC Weekend	-----	-----
01/11/2015	Burley West	Sun	B	November Classic	Nick Bosbury	Alastair Moir
06/12/2015	KGG	Sun	C	SCOA League	B Davidson	Peter Stewart
17/01/2016	Longmoor TBD	Sun	C	SCOA League		Kieran Devine
28/02/2016	Bratley	Sun	C	SCOA League		
13/03/2016	Denny	Sun	B	CSC prelim round	Di Smith	Terry Smith
02/04/2016	TBD	Sat	Activity	Coaching Activity		
09/04/2016	TBD	Sat	D	Summer Series 1		
16/04/2016	TBD	Sat	Activity	Coaching Activity		
23/04/2016	TBD	Sat	D	Summer Series 2		
	TBD	Sat	Activity	Coaching Activity		
07/05/2016	TBD	Sat	D	Summer Series 3		
14/05/2016	TBD	Sat	Activity	Coaching Activity		
21/05/2016	TBD	Sat	D	Summer Series 4		
04/06/2016	TBD	Sat	D	Summer Series 5		
18/06/2016	TBD	Sat	D	Summer Series 6		
02/07/2016	TBD	Sat	D	Summer Series 7		
16/07/2016	TBD	Sat	D	Summer Series 8		
17/09/2016	Salisbury Trench	Sat	D	Level D		
08/10/2016	New Copse	Sat	D	Level D		
05/11/2016	TBC	Sat	B	SARUM URBAN	-----	-----
06/11/2016	Fritham / Islands Thorn	Sun	B	November Classic		
04/12/2016	Ashurst Wood / Matley	Sun	C	SCOA League		

How about becoming a controller?

Ian Moran

If you have planned at Level C, what about qualifying to become a Controller? Controllers are a vital part of the orienteering framework, ensuring that events meet the quality criteria that competitors expect. A few more Controllers in the region would be invaluable.

A Level C Controllers course is being held near Ringwood on 3rd October, where prospective controllers would be most welcome. Please contact Katy Stubbs at technical@scoarienteering.org.uk for more details or to book your place.

Event Safety Training**Di Smith**

The Club are putting on an Event Safety Workshop this autumn and invite you to attend.

The British Orienteering standard Event Safety Workshop takes about 3 to 4 hours and aims to provide event volunteers with an overview of safety and welfare issues that may arise as a result of staging an orienteering event. It covers BO procedures and policies and practical measures that event volunteers can employ to reduce the risks to an acceptable level and what to do in the event of an accident or incident occurring. It is delivered informally through discussion, presentation and practical exercises and everyone receives a set of notes to take away.

Attendance at such a workshop is a requirement for all event Organisers and Controllers at Level C, B and A; and is recommended also for Planners. Everyone is welcome, especially if you are a member of British Orienteering, have organised a level D, would like to know more or are interested in progressing to organising or controlling a Level C event. Those who have previously attended this training but would like a refresher are also welcome to attend (subject to numbers). You receive a certificate of attendance and it will be added to your 'qualifications' file. There is no charge for this training and we will aim to keep it local to minimise travel.

Suggested dates are as follows:

Sat 19 Sep, am or pm, Sun 27 Sep, am or pm, Sat 3 Oct, am or pm.

So if this is of interest, please get in touch with Di or Terry and let us know your preference of date and morning or afternoon. Venue to be confirmed but will be as central as possible to those attending.

Tel 02380 845787, email Di@ntrees.co.uk or terrysmith@compuserve.com

JK 2019**Ian Moran**

This may seem a very long way away. However the JK is a Level A event, for which areas need to be identified and key officials appointed three years in advance, i.e. by next April. BKO have already kindly offered Cold Ash near Newbury as an area for the Long Distance race. Other clubs now need to consider what areas they can offer for the other three competition days – Sprint, Middle / Long Distance and Relay.

Meanwhile if you would like to volunteer to plan or organise one of the days, please write to chairman@scoa-orienteeing.org.uk. This is a fantastic opportunity for you to officiate at a top level event. Ideally you will already have experience of organising or planning at Level B.

Orienteering at the New Forest Show**Di Smith**

On three days in late July - Tues 28, Wed 29 and Thurs 30, we have the opportunity to demonstrate the basics of our sport at the New Forest Show. The event is taking the theme - 'Join the Adventure', so we fit very well. In addition, in the picnic area, they have decided to host some activities for which permission to use the New Forest is required. That's where we come in - with a Micro event that gives visitors a small taster of the maps, controls and navigating.

I have mapped the wooded area - about 200m x 50m - it has a number of features so there will be an interesting key. Within the constraints and other activities in the area, we can probably have about 6-8 controls for people to find: I expect the 'course' to take about 10 minutes and we will have a gazebo/base where we can show maps of forest and urban areas and talk to people about its appeal to all ages and families.

We need at least 2 people for each day to man the stand and talk to the public. In return you get a free entry pass to the show.

For more details or to volunteer for a day, please contact Di Smith on 02380 845787 or email di@ntrees.co.uk

November Classic 2015 – Organiser's Update

Nick Bosbury

1st November 2015 is a date I hope you will all be aware of. The 48th Classic will be held on that day and will be centred on the village of Burley.

Thanks to local farmer, Dan Tanner, we have been lucky enough to secure the use of a field adjacent to the Queens Head. Although there is a walk between the venue and the start/finish the field will incorporate all the usual Facilities: Traders Ultrasport and Compasspoint have indicated that they will be in attendance as well as Toms Burger van - we will be again offering refreshments to helpers.

Alastair Moir is planning this year's event and is well into this task. Mary Nixon has reversed her role from last year and will be managing the volunteer effort. John Shucksmith (WIM) has kindly agreed to be controller.

Allan Farrington (EMIT) will again be carrying out the race timing with help from SOC members. He also has the unenviable task of allocating the possible 500+ hired e cards prior to the event. We then have to distribute them on the day!

This year's Classic is not a UKOL event, but given the status of the event Orienteering England has asked us to host one of the junior selection races for next year's Interland competition. As we have agreed I hope any aspiring juniors from the Club will try to make an impact.

Without a map none of the above happens. We should not forget Simon Bevan and Terry Smith who are working out of the limelight surveying this year's map. A lot of hours both in the forest and at home are needed to produce a map worthy of the event.

As you see there has already a great deal of work and commitment from members and we will be looking for further help with the usual entry discount applying. However a slight change to this year's entry will involve an entry fee difference dependant on which date you enter. The discount will only be applied at a rate equivalent to the cheaper entry fee and no further discount will apply to the higher fee. Please offer your help early and gain the maximum discount.

Although entries will open in late July I am sure Mary will only be too pleased to have indications of help early on.

Remember to use our dedicated Classic website www.novemberclassic.org for updates or use the main SOC website and click on events and activities.

The November Classic – a potted history

Peter Davis

For a couple of years now we've had a dedicated website for the November Classic - www.novemberclasic.org. As we approach the 50th anniversary of the event in 2017 it would be great to have a comprehensive archive showing off it's great history. I'm currently reading through the old editions of SOCK for information going back to 1980.

If you have any recollections about the event over the years, facts, anecdotes, photos or maps then I'd be very pleased to add them to the archive. Send anything you have to publicity@socweb.org - or grab me at a social or an event.

Event Calendar

An extract from the British Orienteering Fixtures List showing Level A UK wide, Level B from our adjoining regions, all events from SCOA and events from our adjoining clubs. Check the British Orienteering website for updates.

Date	Event	Level	Club	Region	Venue	Nearest Town	GridRef
Sat 18/07/15	Summer Series 9	Level D	SOC	SCOA	Royal Victoria Country Park	Southampton	SU457079

Date	Event	Level	Club	Region	Venue	Nearest Town	GridRef
Sat 18/07/15	(SO) Sussex Sprint series 7, Horsham Park, Horsham	Level D	SO	SEOA		Horsham	
Fri 24/07/15	SOC Barbecue	Activity	SOC	SCOA	IBM Sports and Social Club	Hursley	
Tue 28/07/15	Micro Taster	Activity	SOC	SCOA	New Forest Show	Brockenhurst	
Wed 29/07/15	Micro Taster	Activity	SOC	SCOA	New Forest Show	Brockenhurst	
Thu 30/07/15	Micro Taster	Activity	SOC	SCOA	New Forest Show	Brockenhurst	
Sat 01/08/15	World Orienteering Championships 1-7 Aug/World Cup Rd 3	International		SOA		Scotland	
Sun 23/08/15	Kingston urban race	Level C	SLOW	SEOA	Kingston	Kingston	
Mon 31/08/15	TVOC Urban Event	Level C	TVOC	SCOA	Rutherford Appleton Laboratory	Didcot	
Sat 05/09/15	Caddihoe Chase Day 1	Level B	DEVON	SWOA	Fernworthy Reservoir	Chagford	SX659839
Sun 06/09/15	Caddihoe Chase Day 2	Level B	DEVON	SWOA	Fernworthy Reservoir	Chagford	SX659839
Mon 07/09/15	WIM/WSX Monthly Evening Event - Hyde/Gorley	Level D	WIM	SWOA	Hyde Common	Ringwood	
Sat 12/09/15	London City Race	Level B	SLOW	SEOA	City of London (East)	London	
Sat 12/09/15	SOC Level D - Hinchleslea	Level D	SOC	SCOA	Hinchleslea	Southampton	SU254009
Sun 13/09/15	Peter Palmer Junior Team Relay. Lancing Manor	Level B	SO	SEOA	Lancing Manor & Ring	Lancing, A27 between Worthing & Brighton	TQ187056
Sat 19/09/15	Dales Weekend Day1/Northern Championships(UKOL) /Senior Home Internationals Individual	Level A	AIRE	YHOA	Monk's Road (Malham Tarn to Arncliffe)	Settle	SD884682
Sat 19/09/15	SN - Saturday Series 1	Level D	SN	SCOA	Alice Holt	Farnham	
Sat 19/09/15	SO SOG A1. Stanmer Park, Brighton	Level D	SO	SEOA		Falmer, Brighton	
Sun 20/09/15	WIM Galoppen	Level C	WIM	SWOA	Ibsley Rockford, New Forest	Ringwood	
Sat 26/09/15	JIRCs Weekend	Level B		WMOA		TBC	
Sun 27/09/15	JIRCs Weekend	Level B		WMOA		TBC	
Sun 27/09/15	SAX Urban Event	Level B	SAX	SEOA	Canterbury	Canterbury	
Sat 03/10/15	SN - Saturday Series 2	Level D	SN	SEOA	Wisley	Cobham	
Sat 03/10/15	Dorset Schools & limited Colour coded event	Level D	SARUM	SWOA	Bulford/ Vernditch - TBD	Bulford/ Salisbury - TBC	
Sun 04/10/15	SO level C, Rewell Wood, Arundel. (event 6 of SO championships 2015)	Level C	SO	SEOA	Rewell Wood	Arundel	
Mon 05/10/15	WSX Club Night and Night League	Level D	WSX	SWOA	Queens Park	Bournemouth	SZ105934
Sat 10/10/15	British Schools Score Championships	Level B	GO	SEOA	Chobham Common	South East	SU965649

Date	Event	Level	Club	Region	Venue	Nearest Town	GridRef
Sat 10/10/15	WIM Informal	Level D	WIM	SWOA	Avon Heath Country Park - TBC	Ringwood	
Sat 10/10/15	SO SOG A2. Rivers Wood, Haywards Heath	Level D	SO	SEOA		Haywards Heath	
Sun 11/10/15	SN Score Event (with SE Score Champs)	Level C	SN	SCOA	Long Valley North	Aldershot	
Sun 11/10/15	Level D - Matley	Level D	SOC	SCOA	Matley	Southampton	SU330074
Sun 18/10/15	Compass Sport Cup Final	Level A	SROC	NWOA	Helsington Barrows	Kendal	
Sun 18/10/15	TVOC Regional Event & SCOA League	Level C	TVOC	SCOA	RAF Halton	High Wycombe	
Sat 24/10/15	SO SOG A3. West Friston, between Seaford & Eastbourne	Level D	SO	SEOA		between Seaford & Eastbourne	
Sun 25/10/15	Dorset Delight	Level C	WSX	SWOA	Wareham Forest North	Poole	SY885915
Sat 31/10/15	BADO Urban race	Level B	BADO	SCOA	Hatch Warren & Beggarwood	Basingstoke	SU604486
Sun 01/11/15	November Classic	Level B	SOC	SCOA	Burley West, New Forest	Southampton	SU212031

Competition

When asking for feedback for feedback on readers' favourite articles, one thing that popped up as having been missed was Top 10 song lists! So I decided to link this into a competition for this issue- see if you can work out the songs within this 'orienteering course':

1. The week is nearly over, it must be orienteering time. (U2)
2. Entering the forest, the final details did say 'slightly overgrown'. (Guns N' Roses)
3. The general plan for the course (preferably in the right direction). (Snow Patrol)
4. Lots of blue, lots of contours. (Tina Turner)
5. Reach a junction. Which way to go? (Blondie)
6. Where are the rhododendrons? (The Beatles)
7. A man rarely seen at orienteering events from September to May. (ELO)
8. The rain has destroyed my map. (Robin Thicke)
9. You know you probably shouldn't follow them. (Fleetwood Mac)
10. How long have you been looking for this control? (Christina Perri)
11. Finally hearing the beep of a control across the forest (and you might be in Italy). (Marvin Gaye)
12. M21L may have been a mistake. (The Eagles)
13. Maybe you should stick to the urban events. (Stevie Wonder)
14. All the girls realising they could've had a 3km longer course. (Beyoncé)

Please send all completed entries to me at news@socweb.org before the next issue when the winner will be announced. If anyone fancies creating their own top 10's please also send them to me!

Future SOCK's

Jenny Dickin

For future issues of SOCK, please can any articles, reports, stories, photos or any other snippets for the magazine be emailed to me at news@socweb.org or hard copies given to me at an event. I am happy to receive them at any point and will save them up for the next issue (it may be easier to write an article straight after an event, when it's still fresh in your mind). I hope you've enjoyed my first issue!

